

**City of Rochester Bureau of Recreation
Youth Swim Academy and Adult Swim Lessons
Information and Registration Form
Fall/Winter/Spring 2011–2012**

The City of Rochester Bureau of Recreation believes that all city youth should be skilled swimmers and have the opportunity to enjoy the water! The Bureau therefore offers free or very low-cost swim lessons for youth (preschool to age 14) and for adults.

During the 2011–2012 school year (September–June), swim lessons will be available only at the **Adams Street Community Center** indoor pool, on Wednesdays and Saturdays (www.cityofrochester.gov/adamsstreet). *Registration is first-come, first-served.*

Preschool Lessons (ages 4–5, Saturdays, \$30 per eight-lesson session)

- Level 1: Orient preschool age child to an aquatic environment
Level 2: Build on basic aquatics skills learned in Level 1
Level 3: Increase proficiency and build on basic skills learned in Levels 1 and 2

Preschool Sessions, Times, Registration Deadlines

Session	Saturday	Registration Period	No Lesson	Levels Available
Fall	Oct. 22–Dec. 17, 12:20–12:40 pm	Sept. 26–Oct. 21	Nov. 26	1
Winter	Jan. 7–Feb. 18, 12:20–12:40 pm	Dec. 17–Jan. 6		1,2
Spring	March 3–April 28, 12:20–12:40 pm	Feb. 18–March 2	April 14	1,2,3

Youth Lessons (ages 6–14, Wednesdays and Saturdays, FREE)

- Level 1: Introduction to Water Skills (no previous instruction; cannot swim)
Level 2: Fundamental skills (comfortable in water, goes underwater; floats with help)
Level 3: Stroke Development (floats and swims 15 feet on front and back)
Level 4: Stroke Improvement (can swim front and back crawl 15 yards)
Level 5: Stroke Refinement (swim 25 yards doing front and back crawl, elementary backstroke, breast and butterfly stroke)

Level 6: Personal Water Safety (Fall and Spring only) and Fitness Swimmer (Winter only)

Youth Sessions, Registration Deadlines

Session	Wednesday	Saturday	Registration	No Lesson	Levels Available
Fall	Oct. 9–Dec. 14	Oct. 22–Dec. 17, 11:30 am–12 pm	Sept. 26–Oct. 21	Nov. 23, 26	all except Level 6 Fitness Swimmer
Winter	Jan. 4–Feb. 15	Jan. 7–Feb. 18	Dec. 17–Jan. 6		all except Level 6 Personal Water Safety
Spring	Feb. 29–Apr. 25	March 3–April 28	Feb. 18–March 2	April 11, 14	all except Level 6 Fitness Swimmer

Lesson Times

Level	Wednesday	Saturday
1	5:30–6:00 pm	11:30 am – 12 pm
2	5:00–5:30 pm; 6:00–6:30 pm	11:00–11:30 am
3	5:30–6:00 pm	11:30 am –12:00 pm
4	5:00–5:30 pm	11:00–11:30 pm
5	6:00–6:30 pm	11:00–11:30 am
6	6:00–6:30 pm	11:30 am – 12:00 pm

Adult Lessons (ages 15 and up, Saturdays, \$20 per six-lesson session)

Adams Street Pool offers adult swim lessons for ages 15 and up, on Saturdays between 12 and 1 pm. Cost is just \$20 for six thirty-minute sessions. Call 428-7456 for information about available sessions and skill levels.

Lesson Registration and Form

For registration, first call 428-7456 to learn of availability in the classes and days/times you seek. If a class that works for you has availability, you can download the registration form or pick one up at Adams Street Pool, 85 Adams Street.

Classes are filled based on proficiency levels and available space. Individuals may sign up for only one class per session. Preference will be given to city residents.

Questions? Call 428-7456.

Swimmer's Name _____ Age_____

Address _____ Zip Code _____

Parent/Guardian Name _____

Parent/Guardian Signature _____

Phone _____ Emergency Phone _____

Preschool (4-5), Youth Lessons (6-14) _____

Child's Level (1 through 3 for preschool ages 4-5, 1 through 6 for Youth ages 6-14): _____

Season (Fall, Winter, Spring) _____ Day (Wed. or Sat.) _____ Time _____

Preschool Lessons are \$30 per session; Adult lessons are \$20 per session. Make check payable to City Treasurer, City of Rochester. Deliver or mail check to Adams Street Community Center, 85 Adams Street.